PRECOR® USA

CLIMBER OWNER'S MANUAL

C764

COMMERCIAL PRODUCTS DIVISION

Before You Begin

Thank you for purchasing the Precor C764 Climber—one of the most advanced climbers available. Built to the exacting standards of the health club environment, the C764 climber is intended for commercial use and can withstand the rigors of daily club use with little maintenance.

The easy-to-use electronic console prompts users to begin their workout. A *Quick Start* option allows users to opt past weight and course selections and begin working out immediately. For those interested in determining correct calorie loss and specific course modes, the C764 climber provides programmability. Throughout the workout, the electronic console displays a variety of statistics including: elapsed time, floors climbed, step rate, and calories burned.

To maximize the use of the C764 climber, please read this manual thoroughly.

ABOUT THIS MANUAL

Inside this manual, you will find instructions for installing and using the C764. The manual uses the following conventions for identifying special information:

"**Note:**" Contains additional information that applies to the preceding text.

"**Important:**" Indicates information to which you should pay special attention.

"**CAUTION:**" **Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.**

"**WARNING**:" **Provides instructions to prevent electrical damage to the equipment and prevent injuries to yourself.**

"**DANGER**:" **Indicates steps you must take to prevent electrical shock.**

OBTAINING SERVICE

Do not attempt to service the C764 climber yourself except for the maintenance tasks described in this manual. The C764 climber does not contain any user-serviceable parts. For information about product operation or service, contact a Precor Commercial Products Customer Service Representative at 1-800-4-PRECOR.

To help the customer service representative expedite your call, have your serial number readily available. The serial number on the C764 climber is located on a label placed underneath the right foot pedal as you face the electronic console display. Write the serial number in the space provided below:

Model number: _____ Serial number: _____

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

- Read all instructions before using the C764 Climber. These instructions were written to ensure your safety and to protect the unit.
- To ensure the proper use and safety of the C764, make sure that all users read this manual. Please make this manual a part of your training program.

Before beginning any fitness program, you should have a complete physical examination by your physician.

Il est conseillé de subir un examen médical complet avant d'entre-prendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER— To reduce the risk of electrical shock, always unplug the C764 from the electrical outlet immediately after using and before cleaning.

WARNING— To reduce the risk of burns, fire, electric shock, or injury to persons, take the following precautions:

- The C764 should never be left unattended when plugged in. Unplug the unit from the outlet when it is not in use, and before any maintenance or repair.
- Close supervision is necessary when the C764 is used by, on, or near children, invalids, or disabled persons.
- Use the C764 only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped in water. Return the unit to a service center for examination and repair.
- Keep the power cord away from heated surfaces.
- Never drop or insert any object into any opening. Keep hands away from moving parts.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- To disconnect, turn all controls to the OFF (O) position, then remove the power plug from the outlet.

WARNING— Connect the C764 to a properly grounded outlet only. See *Grounding Instructions*.

ATTENTION— Gardez les enfants et toutes personnes non familières avec l'escalier d'exercice loin de cet équipment.

SAVE THESE INSTRUCTIONS

Grounding Instructions

The C764 climber must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current which reduces the risk of electrical shock. The climber is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If you do not follow these *Grounding Instructions*, you could void the Precor limited warranty.

DANGER

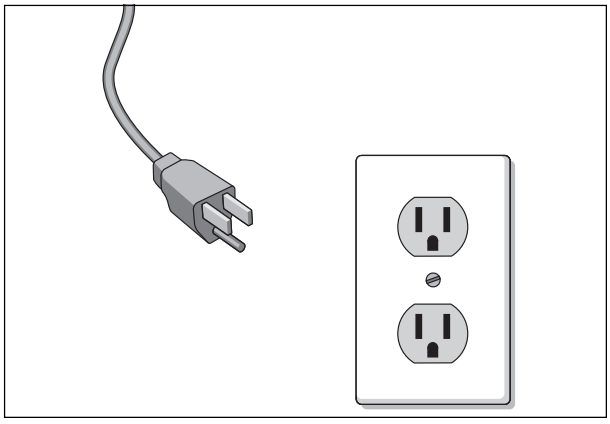
Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the climber is properly grounded. Do not modify the plug provided with the climber—if it will not fit the outlet, have a proper outlet installed by a qualified technician.

120V UNITS DESIGNATED FOR U.S. MARKETS

The climber is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Diagram A. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Diagram A

Proper grounding plug and power outlet for 120v.



240V UNITS DESIGNATED FOR U.S. MARKETS

This product is rated for **more** than 15 amps and is for use on a circuit having a nominal rating of 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

Information Regarding International Use

FCC Communications Commission, part 15

The C764 climber has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The C764 climber generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the C764 climber does cause harmful interference to radio or television reception, which can be determined by turning the C764 climber OFF and ON, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, etc.
- Increase the separation between the C764 climber and receiver (TV, radio, etc.).
- Connect the C764 climber into a different power outlet—on a circuit different from the one used by the receiver (TV, radio, etc.).
- Consult your dealer or an experienced radio/TV technician for help.

Canadian Department of Communications

"This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communication and Information."

"Le présent appareil numérique n'émet pas de bruits radioéélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada."

European Applications—240 Volt Units Only

This product conforms to the requirements of the European Council Directive 89/336/EEC, Electromagnetic Compatibility and has been tested to the following standards

EN55022, Limits & Methods of Measurement of Radio Interference, Information Technology Equipment.

EN50082-1, Generic Immunity Standard for Residential, Commercial and Light Industrial Products.

Personal Safety

When using the C764 take the following precautions:

- Assemble and operate the climber on a solid, level surface.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Keep hands away from moving parts.
- Use care when getting on or off the climber. Keep your legs clear of the stair arms when stepping off the climber because the stair arms could hit your legs as they return to a stationary position.
- Do not rock the unit. Do not stand on the handrails or casing.
- Do not remove the climber's casing. Do not attempt to service the climber yourself other than the assembly and maintenance instructions found in this owner's manual. For customer service, see *Obtaining Service* on page ii.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.
- Do not insert fingers or other objects into opening between the stair arm assemblies and the enclosure housing.

PRECOR HEART RATE OPTION—SAFETY GUIDELINES

The Precor Heart Rate Option was created and designed exclusively for Precor products. Before using this option, read and follow the instructions found in the owner's manual that accompanies your option kit or chest strap transmitter.

The equipment is extremely sensitive—you should use the heart rate option with this in mind and take time to read the following guidelines:

- Handle the Precor Heart Rate Option with care. Do not drop the equipment. It might damage the transmitter and you could void the manufacturer's limited warranty.
- Do not place the chest strap near strong electromagnetic radiation sources. Television sets, electric motors, radios, and high voltage power lines can interfere with the heart rate signal that is being transmitted to the receiver and might affect the heart rate readings that appear on the electronic console.
- Use only one chest strap at a time inside the range of the receiver. If the receiver tries to process several signals simultaneously, an incorrect heart rate reading could result. Be sure to keep any other transmitters at least 5 feet (1.5 meters) away from the receiver on your C764.
- Keep the equipment dry. Although the chest strap should not be immersed in water, wetting the electrodes and your chest will improve the initial performance. Note that perspiration on the chest strap during workouts is normal and actually enhances the signal being sent from the chest strap's transmitter.

Precor Heart Rate Option—Safety Guidelines

- To conduct the electrical impulses from your heart, the chest strap's electrodes require a certain percentage of salts and minerals in the water used to wet them. The electrodes continue to transmit your heart rate reading as long as they are in contact with your skin and your skin is providing enough moisture through your perspiration to keep the electrodes wet. However, if the concentration of salts in your perspiration is not high enough to conduct electrical impulses and send them to the receiver, your heart rate reading will appear erratic or not appear at all. Some people cannot use the heart rate feature because they do not have the proper body chemistry. See *Correcting Inconsistent Heart Rate Readings*.
- Do not use the chest strap if you are taking any medication or have a cardiac pacemaker. Inaccurate heart rate readings can occur due to medication or electrical impulses from the cardiac pacemaker.
- Stretching or bending the electrode strips on the chest strap may cause the strips to lose their conductivity. Handle the chest strap with care.
- After extensive use, the chest strap (transmitter) may wear out, causing inaccurate heart rate readings. With every use, check the strap for excessive wear and replace it if necessary. See *Obtaining Service* on the inside front cover.

Precor climbers are designed for the enjoyment of those interested in an excellent cardiovascular and lower body workout. By following the above precautions and using good common sense, you and your customers will have many safe and pleasurable hours of healthful exercise with this Precor climber.

Table of Contents

Before You Begin ii
About this Manual ii
Obtaining Service ii
Important Safety Instructions iii
Grounding Instructions iv
Information Regarding International Use v
Personal Safety vi
Precor Heart Rate Option—Safety Guidelines vi

Unpacking the C764 Climber 1

Setting Up the C764 Climber 3
Installation Requirements 3
Assembly Instructions 3

Using the C764 Climber 9
Turning the Climber On and OFF 9
Understanding the Electronic Console 10
Graphic Display on the C764 Climber 11
Right Display on the C764 Climbers 12

Working Out on the C764 Climber **14**
Pausing During Your Workout 14
Ending Your Workout 14
Cooling Down After Your Workout 14
Understanding Smart Rate 14
Utilizing the Heart Rate Capability 15
Correcting Inconsistent Heart Rate Readings 16
Exercising on the C764 Climber 17
Using Manual Mode and the Quick Start Key 19
Changing the Interval Course Profile on the C764 Climber 20
Using the Random Course on the C764 Climber 20

Maintaining the C764 Climber 21
Cleaning the Climber 21
Accessing the Software Version Number and Odometer 21
Servicing the Climber 21
Power Cord Maintenance 22
C764 Long Term Storage 22

Special Forms 23
Custom Course Grid for the C764 Climber 23
Workout Statistics Log 24

Specifications ..... Back cover

Unpacking the C764 Climber

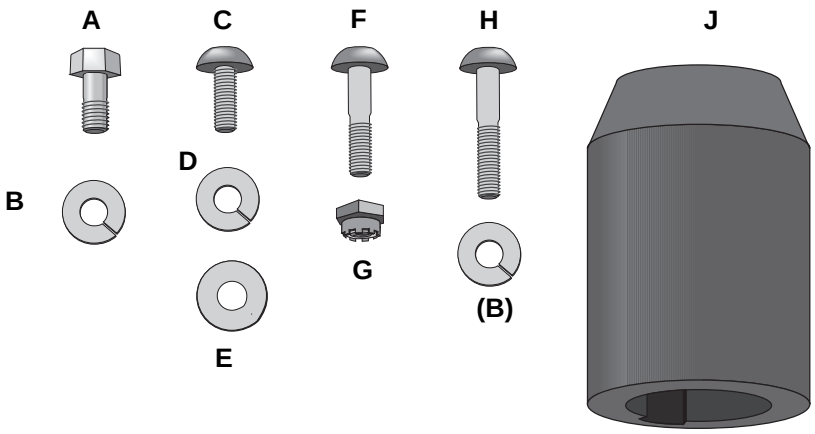
Your C764 climber is carefully inspected before shipment so it should arrive in good operating condition. Precor ships the unit in five pieces:

- base frame assembly
- upper column support
- electronic console display
- handrails (For the vertical handlebar installation, refer to the *C764 Addendum*.)
- hardware kit, Owner's Manual, and limited warranty card (The hardware kit is shown in Diagram 1.)

To remove the climber from the wood pallet, locate the lag bolt on the pallet under the right foot pedal (close to the casing) and remove it.

CAUTION: This unit weighs over 180 pounds. To avoid back strain and ensure the safety of the unit and yourself, we suggest that you get assistance before removing the base frame assembly from its container.

Diagram 1 *Hardware kit*



Carefully unpack the parts from the shipping container. Open the hardware kit and make sure that you have the following items:

- ☐ (A) four hex head screws—for installing the upper column support
- ☐ (B) six split lock washers—attach to screws on upper column support and to the handrail clamp screws
- ☐ (C) three screws—for installing electronic console display
- ☐ (D) three split lock washers—attach to bolts on electronic console display
- ☐ (E) three washers—attach to bolts on electronic console display
- ☐ (F) two button-head socket bolts—for installing handrails to base frame
- ☐ (G) two locknuts (nylon end)—attach to lower handrail screws
- ☐ (H) two button-head screws—for installing handrails to handrail clamp
- ☐ (J) two handrail rubber boots—for covering lower handrail screws at base

If any items are missing, contact your Precor Commercial Products Service Representative at 1-800-4-PRECOR.

Note: If you have the C764 vertical handlebars, refer to the addendum for assembly instructions.

Setting Up the C764 Climber

You do not need any special knowledge or experience to set up a C764 climber, however you will need assistance. Ask for one or more assistants to help you assemble the climber. You will also need to obtain a socket wrench and a set of Allen wrenches.

INSTALLATION REQUIREMENTS

Follow the installation requirements below when installing the climber. *If you do not install the climber according to the following guidelines, you could void the Precor limited warranty.*

- **Set up the C764 climber on a solid, flat surface.** A flat surface is required for your safety and proper use of the climber.

- **Fill out and mail the limited warranty card.** The serial number is located on a label underneath the right foot pedal as you face the electronic console.

- **Use the appropriate voltage, dedicated circuit, and grounding as specified on the climber.** The C764 climber is available in a 120-volt model in the U.S.A. and Canada. A 240-volt model is available for the European and international markets. Refer to the climber's identification label to determine the voltage that your climber requires. The C764 climber's 120-volt and 240-volt models require a dedicated 15 amp circuit. Failure to use a dedicated circuit might damage the unit and void the manufacturer's limited warranty.

CAUTION: Do not use a non-grounded outlet. Do not remove or otherwise bypass the plug with an adapter. Electrical damage can occur if the C764 climber is connected to an improper power source.

ASSEMBLY INSTRUCTIONS

To assist you in the assembly of the climber, the items in the hardware kit, shown in Diagram 1, correspond to a particular letter in the alphabet. These letters appear throughout the assembly instructions. Refer to Diagram 1, while performing the following steps:

Note: Before assembling the climber ask for assistance from other adults and acquire a socket wrench and a set of Allen wrenches. Refer to the C764 Addendum for assembly instructions regarding the vertical handlebars.

1. Unpack the climber and remove the packing materials from the handrails, upper column support, electronic console display, and base frame assembly.

2. Remove the climber from the shipping pallet. Be sure to remove the lag bolt that holds the climber on the pallet. The lag bolt is located under the right foot pedal next to the casing. Ask for assistance to lift the climber off the shipping pallet.

   CAUTION: To avoid injury and ensure your safety, you need assistance to lift the climber off the pallet and place it on the floor. Do not drop the unit.

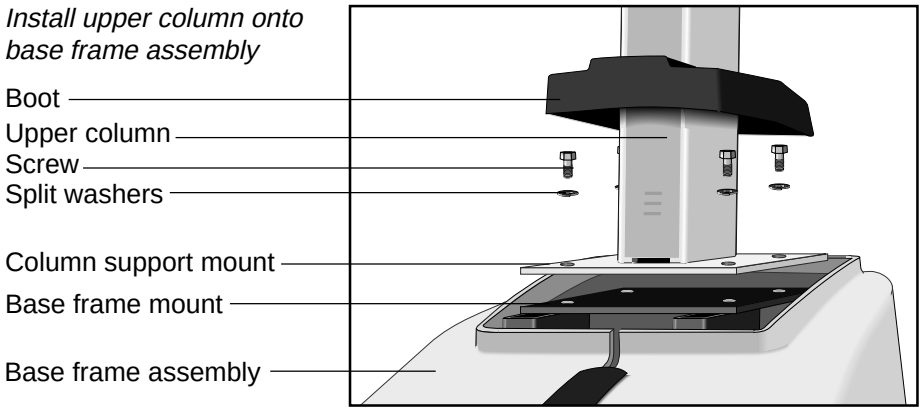
3. Make sure that the climber is unplugged and turned OFF. Do not assemble the C764 climber if it is plugged into a power outlet.

4. Take the following steps to secure the upper column to the base frame assembly:

   a. Place four split washers (B) found in the hardware kit onto the hex head screws (A).

   b. Position the upper column above the base frame mounts so that the handrail clamp (on the upper column) faces the foot plates. Slide the rubber boot up the column to expose the mounting holes.

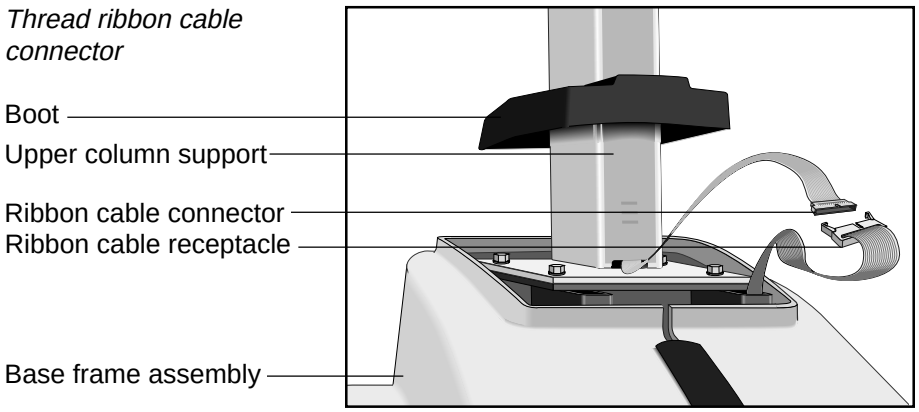
Diagram 2 *Install upper column onto base frame assembly*



   c. Align the mounting holes and insert the screws (A) through the column support mount and into the base frame mount. See Diagram 2. Finger-tighten each screw. Use an appropriate socket wrench and alternately tighten each screw until all four screws are secure and tight against the upper column. Do not overtighten.

   Note: Refer to the C764 Addendum for assembly instructions regarding the vertical handlebars.

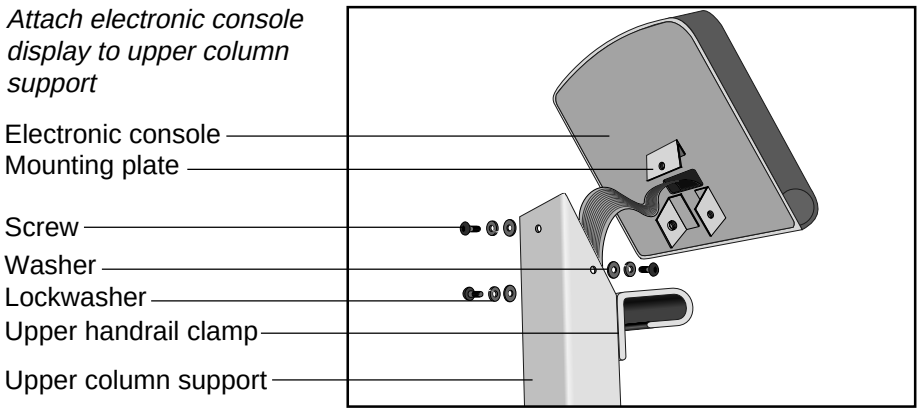
Diagram 3 *Thread ribbon cable connector*



d. Hold the electronic console display above the upper column support while your assistant unwraps the ribbon cable and threads it through the upper column support. Grab the connector at the base of the column and gently pull it out. See Diagram 3. Do not connect the cables at this time.

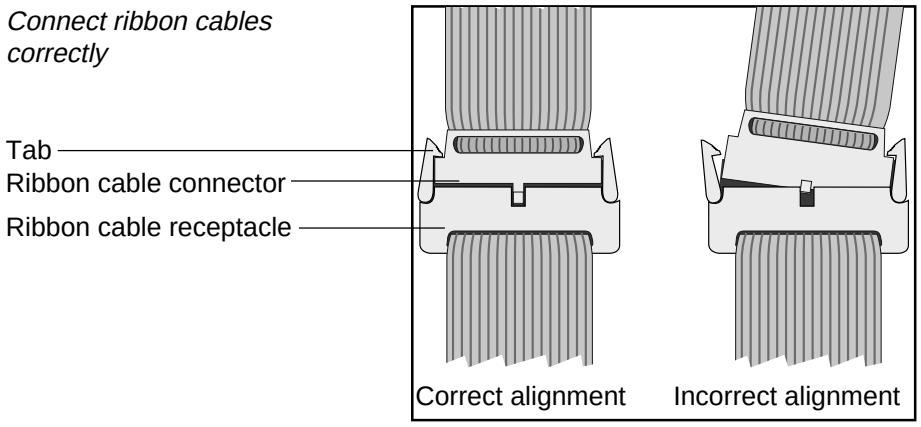
CAUTION: Be sure not to crimp or pinch the ribbon cable as you place the electronic console display into position. Cables pinched or otherwise damaged by improper installation will not be covered by the limited warranty.

Diagram 4 *Attach electronic console display to upper column support*



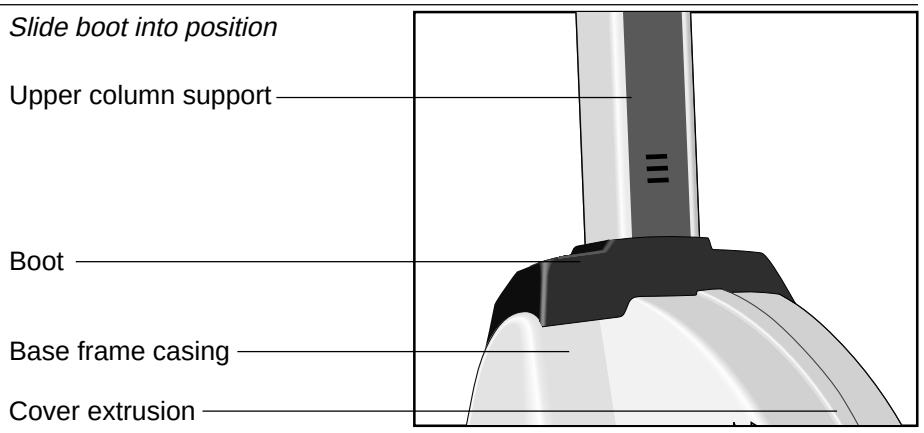
e. Take the three screws (C), three lock washers (D) and three washers (E) from the hardware kit. Place the lock washers and then the washers on the screws. Align the mounting holes on the electronic console display with the upper column support and insert the screws so that the washers are against the upper column support. See Diagram 4. Be sure that the bottom of the display is parallel with the top of the upper handrail clamp. Alternately tighten each screw using the appropriate Allen wrench until all three screws are secure and tight against the mounting plate. Do not overtighten.

Diagram 5 *Connect ribbon cables correctly*



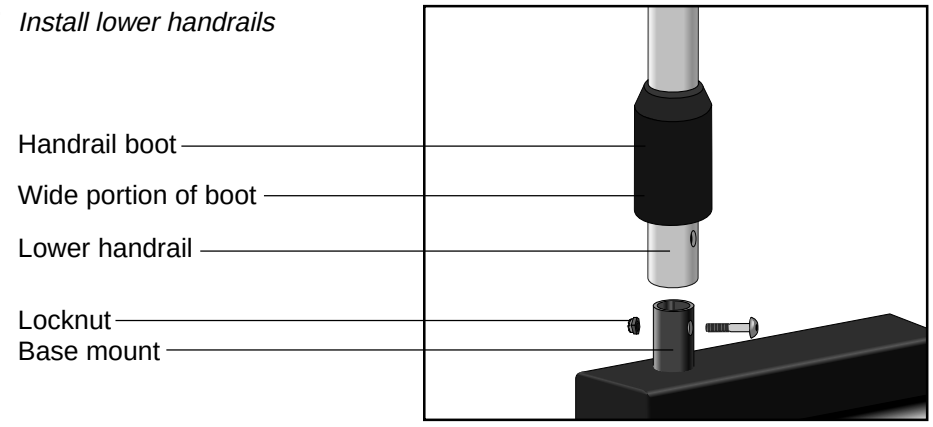
5. Take the ribbon cable connector that you threaded through the upper column support in step 4d. and open the tabs on the ribbon cable receptacle. Plug the connector into the receptacle. See Diagram 5. Make sure that all pins are aligned and the tabs are fully engaged. The connector is designed to engage in one direction only. Do not force the connector into the receptacle. Gently push the excess ribbon cable and connectors back up into the upper column support.

Diagram 6 *Slide boot into position*



6. Lower the rubber boot over the base frame casing and column support mounts. Push down on the boot to secure it onto the base frame casing. See Diagram 6. Make sure that the boot seats correctly over the cover extrusion.

Diagram 7 *Install lower handrails*



7. Take the following steps to secure the handrails onto the climber:

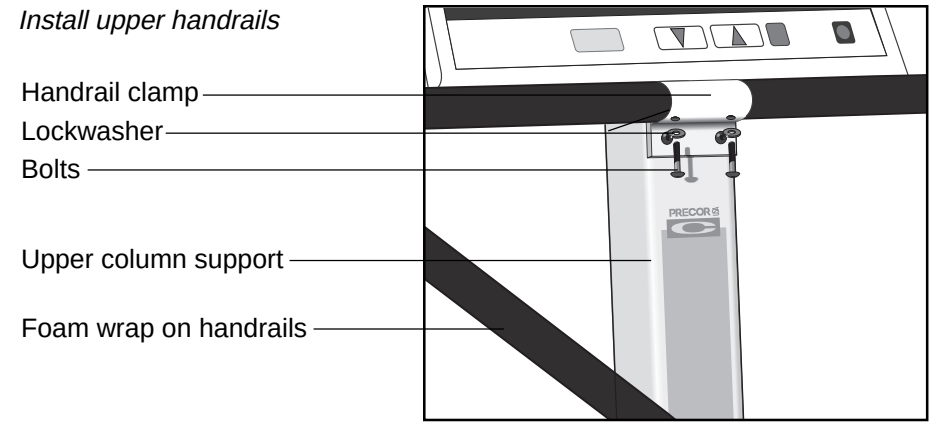
   a. Take a handrail boot (J) from the hardware kit and slide it onto the base of each handrail. Refer to Diagram 7. Be sure to mount the bell-shaped boot properly. The wide portion of the “bell” should be facing toward the base.

   b. Place the lower portion of the handrails onto the base mounts.

   c. Insert the upper-portion of the handrails into the handrail clamp on the upper column support. Refer to Diagram 8. Push the handrails together so that the handrails meet in the center of the clamp. The foam wrap on both handrails should be snug up against the handrail clamp.

   d. Return to the lower handrail mounts and insert the bolts (F) and attach the locknuts (G), but do not tighten until the upper handrails have been fully secured inside the upper handrail clamp.

Diagram 8 *Install upper handrails*



e. At the upper handrail clamp, place a lock washer (B) on each screw (H) and insert the screws into the handrail clamp. Tighten the screws securely using the proper Allen wrench. See Diagram 8.

f. Check the lower handrail bolts and tighten the locknuts and bolts securely. Hold the bolt with your Allen wrench while you turn the locknut with a socket wrench. Refer to Diagram 7 on page 7.

g. Slide the handrail boot down and secure it over the bolt and locknut.

CAUTION: A fully-assembled C764 climber is very heavy. To avoid possible injury, Precor recommends that more than one person move the climber to its final location.

8. If you need to move the climber, ask for assistance. The climber weighs over 180 pounds. It is recommended that you and your assistants place a hand truck under the rear crossbar to move the climber.

CAUTION: Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the climber into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instruction might damage the unit and void the manufacturer's limited warranty.

9. Plug the climber into a grounded outlet. Be sure to use the appropriate voltage requirements. Refer to *Installation Requirements* on page 3.

You have completed assembling the C764 climber. To become familiar with using the climber, please continue on to the following section.

Using the C764 Climber

The C764 Climber is designed so users can work out with minimal instruction or training. The directions on the console and the prompts on the display will guide a user through the entire workout session. Before the climber is used, however, we recommend that you familiarize yourself with it so it will be used safely and effectively. This section covers the following information:

- instructions for turning the climber ON and OFF
- an overview of the features provided on the electronic console
- instructions for exercising on the climber
- an explanation about using manual mode and the QUICK START key
- an explanation about using the interval and random courses

TURNING THE CLIMBER ON AND OFF

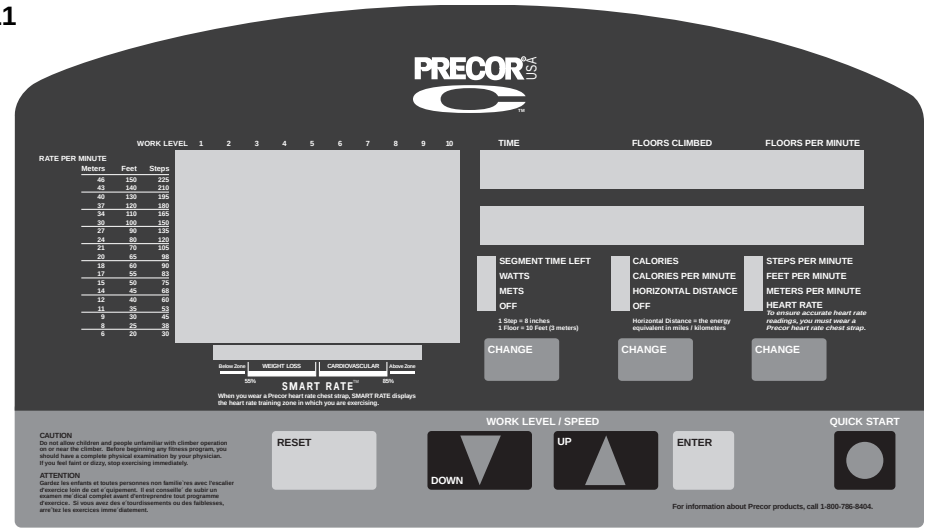
Use the ON/OFF power switch to turn the climber ON and OFF. This switch is located near the power cable.

UNDERSTANDING THE ELECTRONIC CONSOLE

Once the C764 climber is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the climber. Choose either the *quick start* feature which lets you immediately start the manual program, or the *setup mode* which prompts you for more specific information. The easy-to-understand prompts let you specify how long you want to work out, select one of 15 workout programs and then specify how hard you want to work.

As you exercise, the electronic console provides motivation and presents constant feedback about your progress. An explanation of each feature on the C764 console follows Diagram 11.

Diagram 11


PRECOR USA
WORK LEVEL 1 2 3 4 5 6 7 8 9 10
TIME
FLOORS CLIMBED
FLOORS PER MINUTE
RATE PER MINUTE
Meters Feet Steps
SEGMENT TIME LEFT
WATTS
METS
OFF
1 Step = 8 inches
1 Floor = 10 Feet (3 meters)
CALORIES
CALORIES PER MINUTE
HORIZONTAL DISTANCE
OFF
Horizontal Distance = the energy equivalent in miles / kilometers
STEPS PER MINUTE
FEET PER MINUTE
METERS PER MINUTE
HEART RATE
To ensure accurate heart rate readings, you must wear a Precor heart rate chest strap.
CHANGE
CHANGE
CHANGE
Below Zone
WEIGHT LOSS
CARDIOVASCULAR
Above Zone
55%
85%
SMART RATE™
When you wear a Precor heart rate chest strap, SMART RATE displays the heart rate training zone in which you are exercising.
CAUTION
Do not allow children and people unfamiliar with climber operation on or near the climber. Before beginning any fitness program, you should have a complete physical examination by your physician. If you feel faint or dizzy, stop exercising immediately.
ATTENTION
Gardez les enfants et toutes personnes non familie˙res avec l'escalier d'exercice loin de cet e˙quipement. Il est conseille˙ de subir un examen me˙dical complet avant d'entreprendre tout programme d'exercice. Si vous avez des e˙tourdissements ou des faiblesses, arreˆtez les exercices imme˙diatement.
RESET
WORK LEVEL / SPEED
DOWN
UP
ENTER
QUICK START
For information about Precor products, call 1-800-786-8404.

The electronic console keypad has two sets of keys. The upper set (CHANGE) affect the electronic console displays, the lower set (RESET, WORK LEVEL/ SPEED, DOWN/UP, ENTER, and QUICK START) affect the function and features of the climber.

Note: Before beginning a workout, the ▼ or ▲ keys provide a way to answer the prompts being displayed on the electronic console.

CHANGE keys: Each of three “change” keys appear below their respective column of functions. Display a particular function by pressing the appropriate CHANGE key until the function’s indicator lights. For example, if the CALORIES indicator is lit, you can change the display to show the distance (feet or meters) that you have travelled since you started your workout by pressing the CHANGE key until the HORIZONTAL DISTANCE indicator is lit.

RESET: While you are answering the setup prompts, you can cancel the program, clear the display, and return to the initial start-up prompt, by pressing RESET. The initial start-up prompt, "**PRESS ENTER FOR PROGRAMS OR PRESS QUICK START**" appears on the display. You can then begin another exercise program. During a workout on the C764 climber, pressing RESET exits the course or program, erases the workout statistics, and displays the start-up prompt after the climber performs a systems diagnostic test. The foot pedals return to a very slow fall rate during this time and do not change until you return to a program or choose a new course.

WORK LEVEL/SPEED: The ▼ or ▲ keys change the "work level" by changing the step rate which increases/decreases the degree of effort. You decrease the step rate (causing the foot pedals to travel slower) and increase the resistance when you press the ▼ key. The opposite occurs when you press the ▲ key.

ENTER: When you turn ON the climber, several prompts appear before you start your workout. Each prompt needs to be addressed and then "entered" into the climber's memory by pressing the ENTER key.

QUICK START: If you wish to use the manual program, you can bypass the setup prompts by pressing the QUICK START key. When you begin working out, the amount of time you have been on the climber and the number of floors climbed appears on the electronic console display.

Note: The weight setting defaults to 150 pounds (70 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds. The time selection defaults to the club limit set in memory. You cannot change the weight or time setting if you use the QUICK START option.

GRAPHIC DISPLAY ON THE C764 CLIMBER

The left window display on the C764 electronic console provides graphic information about your workout session. The course profile that appears in the left window display corresponds to the program you selected. As you proceed through your workout, your position is indicated by a blinking cell.

WORK LEVEL: Shows the selected effort level, from 1 to 10. The higher the number, the faster your step rate becomes. You can change the work level anytime during a workout by using the WORK LEVEL/SPEED ▼ and ▲ keys to increase or decrease the degree of effort in your workout.

Note: A WORK LEVEL indicator does not appear when you use the manual or interval programs.

RATE PER MINUTE: Provides a comparison chart to help you determine the number of meters, feet, or step rate at which you are travelling. This chart corresponds to the bar graph on the C764. You can also use the comparison chart to convert a highlighted numerical display (STEPS PER MINUTE, FEET PER MINUTE, or METERS PER MINUTE) found on the far right of the console.

SMART RATE:™ (C764 only) When the Precor optional heart rate receiver has been properly installed and you wear the Precor Heart Rate Option's chest strap, a blinking segment in the bar graph appears at the bottom of the display. If you have entered your accurate age (completed during the setup prompts), the blinking segment shows you the zone that your heart rate is in: either Weight Loss or Cardiovascular. Refer to *Understanding Smart Rate*.

Important: The Smart Rate blinking indicator light and the heart rate display only appear when the Precor heart rate receiver is installed in the electronic display and the chest strap transmitter is used. The Smart Rate indicator lights do not appear when you use the Quick Start key. If the Smart Rate lights appear, but do not blink, it means that a receiver is installed, but the user is not wearing the chest strap transmitter or it is not working properly. To correct transmitter problems, refer to your *Precor Heart Rate Option Owner's Manual*. To obtain service, refer to the inside front cover.

RIGHT DISPLAY ON THE C764 CLIMBER

Prior to your workout, prompts appear in the *top* right display window. The action you need to take appears in the *lower* window. Once you begin a workout, the top window indicates the TIME, DISTANCE (floors climbed), and SPEED (floors per minute). You can determine what information will appear in the lower window by pressing the CHANGE keys and highlighting a particular feature.

TIME: Displays the time that has elapsed since beginning a specified program or workout. Use this display to pace yourself during a workout.

FLOORS CLIMBED: Shows the equivalent vertical distance that you have travelled during your workout. A floor is equivalent to 10 feet or 3 meters.

Note: During a workout on the C764 climber, pressing RESET exits your program and displays the start-up prompt after the climber performs a systems diagnostic test. The foot pedals return to a very slow fall rate during this time and do not change until you return to a new course or program.

FLOORS PER MINUTE: Once you begin a workout, the vertical speed at which you are travelling appears in this display.

SEGMENT TIME LEFT: Appears only on the C764 climber and indicates the amount of time left in a particular column (or segment) before the cell at the top of the next column begins blinking. During the start-up prompts, you enter a workout time. When the course is displayed, each column corresponds to the "workout time divided by 20" because 20 columns exist for each course.

WATTS: Indicates the amount of energy currently being expended.

METS: Displays the metabolic units associated with your workout.

OFF: If you move the indicator light to OFF using the CHANGE key, no information is displayed for that column.

CALORIES: Provides the cumulative number of calories burned.

Note: The numbers that appear in the CALORIES and CALORIES PER MINUTE displays are weight-dependent. During the start-up prompts, entering a weight close to your actual body weight will improve the accuracy of the numbers that appear in these displays. Pressing "QUICK START" only gives appropriate results if your weight is near 150 pounds.

CALORIES PER MINUTE: Indicates the number of calories per minute.

HORIZONTAL DISTANCE: Converts the number of floors climbed into a horizontal distance such as miles or kilometers. Use the *Club Customization Program* to select the measurement system: U.S. standard or Metric.

STEPS PER MINUTE: When you choose this display, the pace (step rate) at which you are climbing appears. A conversion chart on the left of the console exists to help you determine or convert the step rate into other units of measure.

FEET PER MINUTE: Displays the distance in feet per minute that you are travelling. Use the conversion chart on the left of the console to help you determine your step rate.

METERS PER MINUTE: Displays the distance in meters per minute that you are travelling. Use the conversion chart on the left of the console to help you determine your step rate.

HEART RATE: Helps you monitor your heart rate and stay within your target zone. Check with the club owner or manager to make sure the optional heart rate receiver is installed in the C764 electronic console. To display your heart rate while you work out, press the CHANGE key until the indicator lights next to the words "**HEART RATE**" on the console's label.

Note: You must wear the Precor chest strap to transmit your heart rate to the receiver in the electronic console. Refer to your *Precor Heart Rate Option Owner's Manual*.

Working Out on the C764 Climber

This section explains how to exercise on the climber and introduces you to certain features that you might use during your workout.

PAUSING DURING YOUR WORKOUT

The C764 climber has a two-minute, auto-pause feature that occurs when you step off the climber. If no movement is detected on the foot pedals for two minutes, the climber resets, clears the workout statistics, and displays the initial start-up prompt.

ENDING YOUR WORKOUT

If you wish to end your workout, simply step off the climber. The auto-pause feature explained above gives you time to review your workout statistics and resets the climber for you.

COOLING DOWN AFTER YOUR WORKOUT

A cool-down period exists on the C764 climber when you reach the end of a course program. The five-minute, cool-down period lets you vary your step rate while calorie count and distance continues to accumulate on your workout statistics. After the five-minute cool down, a two-minute period allows you to reflect upon your workout statistics. During the two-minute period, the prompt “FINAL WORKOUT RESULTS” appears. Press RESET or let the two-minute period elapse to cause the start-up prompt to appear.

Note: The five-minute, cool-down period on the C764 activates automatically only when you reach the end of a course program.

UNDERSTANDING SMART RATE

The C764 software incorporates the latest in cardiac monitoring to provide Smart Rate™—a visual aid that lets the user know where his or her heart rate is at a glance. When the optional Precor heart rate receiver is installed and the Precor Heart Rate Option chest strap is worn, the graph on the display lights up with colored cells to indicate exercise intensity. A specific percent of the user’s heart rate appears as a blinking cell within that zone.

Smart Rate simplifies the correlation between heart rate and exercise. You don’t have to stop concentrating on your workout to find your pulse anymore. If you enter your age during the setup prompts, Smart Rate performs all the calculations for you and displays a graphic image of where you are in either your cardiovascular or weight loss zone. Smart Rate uses your age and your maximum aerobic heart rate to calculate the zone. The blinking cell symbolizes the percent at which your heart rate is working and displays it in the cardiovascular or weight loss zone.

Using Smart Rate during a workout with *any* C764 program helps maximize the user's weight loss or cardiovascular fitness regimen. While a user works out in a particular course, you as trainer or club manager, could show him or her the Smart Rate display and suggest changing the work level, moving to a different cadence (step rate), or increasing/decreasing step height to position his or her heart rate in the desired Smart Rate zone.

When the user maintains his or her heart rate between 70% and 85% of their maximum aerobic heart rate, overall improvement occurs to his or her cardiorespiratory fitness level. If a person maintains his or her heart rate between 55% and 70% of their maximum aerobic heart rate, he or she is burning enough calories that, when continued on a regular basis for 30 minutes or more, provides the greatest fat-burning (weight loss) benefits.

UTILIZING THE HEART RATE CAPABILITY

Important: You can access Smart Rate and utilize all heart rate function, only if the optional heart rate receiver is installed in your unit. See *Obtaining Service* on the inside front cover. The Smart Rate indicator lights do not appear when you use the Quick Start key.

A user can make each program on the C764 a heart rate interactive course by monitoring and maintaining his or her heart rate in the Smart Rate zone best suited for their specific needs.

Before utilizing the heart rate capabilities (Smart Rate), take time to read the following guidelines.

- Consult with your physician before engaging in any vigorous exercise. Do not use Smart Rate until authorized by your physician.
- Slow down and stop the workout immediately if you experience any pain or abnormal symptoms.
- Gently stretch your lower body and back before and after the test to help prevent stiffness or soreness.
- Know your heart rate (pulse) and your physician-recommended heart rate training zone. Individual heart rates vary according to several physiological factors and may not correspond directly with the tables provided.
- You should not use the heart rate interactive capabilities (Smart Rate) if you are taking any medications that either speed up or slow down your heart rate.
- Keep in mind that you are working with very sensitive equipment and upper body movement should be kept to a minimum.
- After putting on the chest strap, turn the C764 ON, stand on the foot pedals, and face the electronic console for a minimum of 15 seconds. This allows the unit to acknowledge the presence of the transmitter.

While the C764 software monitors your heart rate, you have the capability to maintain it within the cardiovascular or weight loss zones by changing the step height, the cadence (step rate), or the resistance (work level) felt through foot plates. Increasing or decreasing these aspects affects your work effort and heart rate. Digitally, your heart rate can appear in the right window display. Use the CHANGE key to highlight the HEART RATE indicator.

CORRECTING INCONSISTENT HEART RATE READINGS

If you have purchased the Precor Heart Rate Option and the Precor optional heart rate receiver is installed in the electronic console, the C764 should be able to pick up your heart rate signal. However, if messages appear on the display regarding heart rate errors, stop your workout and take the following steps:

Important: Be sure that the heart rate being displayed correlates to your "normal" heart rate during exertion. Also, read the information found in the front section *Precor Heart Rate Option—Safety Guidelines*.

1. Check with the club manager to make sure that the C764 contains the heart rate receiver inside the electronic console display.

2. Make sure that the electrodes on the chest strap are moist and placed properly against your skin. Check to be sure that the strap is comfortably tight around your chest and centered in the middle of your chest. Refer to the section in your *Precor Heart Rate Option Owner's Manual* titled, *Wearing the Chest Strap Transmitter*.

3. Be sure that you are within 3 feet of the electronic console and facing toward it. Allow a few seconds for the receiver to display your heart rate on the electronic console's display.

4. Make sure that the C764 is turned ON.

Most often, when the chest strap fails to transmit a heart rate signal, the cause is incorrect placement or conduction of the chest strap electrodes. A spray is included with the Precor Heart Rate Option that, when sprayed onto the electrodes, can enhance the conductivity. For other problems, check with your local servicer, he or she should have a chest strap/heart rate simulator that can test your equipment to make sure that it is operating properly.

If you have taken the steps above and still get erratic readings, you may need to replace the chest strap transmitter or its battery. Refer to your *Precor Heart Rate Option Owner's Manual*. If you have difficulty correcting a problem, call your local servicer.

EXERCISING ON THE C764 CLIMBER

The C764 comes with ten preprogrammed courses. These courses differ in the "terrain" you cover.

All ten preprogrammed C764 courses can be performed at any of the work levels. To select the work level appropriate for your level of fitness, start with level 1 (beginner exercise or warm-up).

In addition to the C764 preprogrammed courses, you can choose one of two custom courses that the club has designed. Custom courses can be created and stored in memory for future use (for instructions, see *Designing a Custom Course on the C764 Climber*). You can also select manual, random or interval courses which let you control your work level while the program is in progress. For more information about using the manual, random, and interval courses, refer to the sections following *Exercising on the C764 Climber*.

CAUTION: Before beginning any fitness program, you should have a complete physical examination by your physician.

To exercise on the climber, take the following steps:

Note: Refer to the label on the electronic console for the program numbers and their associated course profiles.

1. If the climber is OFF, turn it ON using the ON/OFF power switch. This switch is located near the power cable. "**PRESS ENTER FOR PROGRAMS OR PRESS QUICK START**" appears on the electronic console display.

2. Stand on the climber with your feet firmly planted on the right and left foot pedals.

3. Press ENTER to begin setting up the climber for your workout session. If you plan on using the manual program, press QUICK START to bypass the setup prompts.

   Important: If you choose the QUICK START feature, skip steps 4 through 8. Using the QUICK START feature causes the calories display to show the calories being burned based on a 150 pound (70 kg) person and the amount of time you can use the climber defaults to the club limit.

4. At the "**SELECT WEIGHT**" prompt, specify your weight using the ▼ or ▲ key. The console displays weight in 5-pound (2.3 kilogram) increments. Press ENTER when your weight is displayed.

   Entering your actual body weight allows the C764 climber to accurately calculate how many calories you burn during your workout.

5. At the "**SELECT TIME**" prompt, specify the duration of your workout using the ▼or ▲keys. Press ENTER when the correct time is displayed. The length of time allowed for a workout can be limited by *Using the Club Customization Program* discussed on page 9. When specifying a workout time, you can choose any time up to, but not longer than, this limit. For example, if the club's time limit is set at 20 minutes, you can set a workout time from 10 to 20 minutes.

6. At the "**SELECT COURSE**" prompt, choose the course number or name using the ▼or ▲key. When the desired course number or name is displayed, press ENTER. Refer to the label on the electronic console (or Diagram 13 on page 22) for the program numbers and their associated course profiles.

7. Once you decide on a work level, press ENTER. You are ready to begin your workout.

8. Continue your workout and maintain your exercise intensity by varying the work level and step rate. To pause during your workout, simply step off the climber. A two-minute pause occurs before the climber resets your workout statistics. Refer to *Pausing Your Workout* for more information.

   Note: On the C764 climber, you can change the work level by pressing the WORK LEVEL ▼or ▲keys while you work out. Doing this affects the entire level of the course profile. In Manual or Interval modes, you affect the level of each cell in the profile, *not* the entire course.

9. When the selected time frame or exercise program ends, review your workout statistics. Press RESET to clear the displays.

We recommend that you keep track of your workouts by writing them down. This way you can monitor your progress toward your fitness goals and also use the information as a reference in planning interesting and challenging workouts in the future. A form for recording your workout statistics is provided on page 29.

USING MANUAL MODE AND THE QUICK START KEY

In addition to choosing a preprogrammed, random, interval, or custom course, you can choose manual mode. Manual mode lets you control your work level. If you change the work level during Manual mode, the change appears in each individual column of the course profile while you work out.

You can choose the Manual Mode in two different ways by:

- pressing the QUICK START key when the "**PRESS ENTER FOR PROGRAMS OR PRESS QUICK START**" prompt is displayed. The QUICK START option bypasses the setup prompts. The weight setting defaults to 150 pounds (70 kg) so all calorie calculations and their associated displays are based on a body weight of 150 pounds (70 kg) which can cause the display to show inaccurate calorie calculations. You cannot change the weight or time settings if you use the QUICK START option.

- pressing ENTER at the "**PRESS ENTER FOR PROGRAMS OR PRESS QUICK START**" prompt. This causes the climber to display a number of prompts as explained in the previous section titled *Exercising on the C764 Climber*.

When you choose the **MANUAL** program on the C764 climber, the program's course profile appears in the left display window and shows a flat, constant course (4 cells high). Use the WORK LEVEL/SPEED ▼ or ▲ keys to change work level and step rate.

Note: A low level profile represents the least amount of effort required and the lowest number of calories burned. As you increase the work level and speed you also increase the number of calories burned.

As you proceed through your workout on the climber, a blinking cell represents your position in the course.

CHANGING THE INTERVAL COURSE PROFILE ON THE C764

The interval courses on the C764 climber allow you to set rest and work intervals according to your training regimen. You set the work level for the first rest and work interval (first two columns of the course) and the software takes over from there, repeating the intervals throughout the course until the time limit runs out or you step off the climber.

To set the interval for a course, take the following steps:

1. Follow steps 1 through 5 in the section titled, *Exercising on the C764 Climber*. At the "**SELECT COURSE**" prompt, use the ▼ and ▲ keys to display INTERVAL. Press ENTER.

2. The INTERVAL course profile appears in the left display window. While the cell is blinking at the top of the first column. Press the WORK LEVEL/SPEED ▼ or ▲ keys to set your "rest" speed.

3. When the cell at the top of the second column begins blinking, use the WORK LEVEL/SPEED ▼ or ▲ keys to set your "work" speed.

After you set the work level and speed on the first two columns of the course profile, the climber's software takes over and continues repeating the rest and work intervals throughout the remaining portions of your workout at the levels you selected.

Note: Anytime during your workout, you can change the rest and work interval levels by using the WORK LEVEL/SPEED ▼▲ keys. The climber's software reprograms the remainder of the course profile to the newly specified rest and work intervals.

USING THE RANDOM COURSE ON THE C764 CLIMBER

Selecting a random course on C764 climber provides a different course profile every time you work out. The random program provides variable course profiles. Every time the random course is displayed, a different course profile appears.

The C764 climber accepts changes to the random course profile the same way as the interval courses. If you wish to change the work level or speed, simply press the WORK LEVEL/SPEED ▼ or ▲ keys. The course profile changes accordingly.

Maintaining the C764 Climber

Because of its advanced design, the C764 climber requires little maintenance beyond periodic cleaning, which is explained in this section. Keep in mind that, as owner of this machine, you are solely responsible for its maintenance.

CAUTION: Turn OFF and unplug the climber from the power outlet before performing any maintenance tasks, such as cleaning.

CLEANING THE CLIMBER

On a daily basis, use mild soap and water on a damp, soft, clean cloth to clean the foot pedals, handrails, and casing. This removes any dirt or dust which might affect the smooth operation of the climber.

CAUTION: Never pour water or spray liquids on the electronic console or climber. Allow the climber to dry completely before using.

Clean the surface of the electronic console with a damp, clean sponge or soft cloth. Dry the surface thoroughly with a clean towel.

Important: Do not pour or spray liquids on the electronic console and take special care when cleaning the console display to avoid scratching its surface.

Vacuum around the unit every week to prevent the accumulation of dust and dirt.

ACCESSING THE SOFTWARE VERSION NUMBER AND ODOMETER

At the start-up prompt, press and release the WORK LEVEL/SPEED ▼▲ keys simultaneously to find out what software version number you have and determine the total number of floors climbed.

A software version number such as 1.05 appears in the display. Press ENTER and the total number of floors climbed appears. Multiply that number by 10 to determine the actual number of feet climbed. Press ENTER and the start-up prompt appears.

SERVICING THE CLIMBER

Do not attempt to service the C764 yourself except for the maintenance tasks described in this manual. The C764 does not contain any user-serviceable parts or parts that require lubrication. For information about product operation or service, contact an authorized Precor dealer at 1-800-4-PRECOR.

POWER CORD MAINTENANCE

When the C764 is in use, ensure that the power supply cord is away from moving parts and cannot be damaged.

If the C764 power supply cord is damaged, it can only be replaced in a repair shop appointed by Precor because special tools are required.

ACHTUNG

Bei Beschädigung der Anschlußleitung dieses Gerätes darf diese nur durch eine vom Hersteller benannte Reparaturwerkstatt ersetzt werden, weil Spezialwerkzeug erforderlich ist.

C764 LONG TERM STORAGE

When the C764 is not in use, ensure that the power supply cord is unplugged from the wall outlet and is positioned so that it will not become damaged or interfere with other equipment or people.

There are no special storage requirements for the C764 other than ensuring that it is kept free from dirt, moisture, or damage.

ATTENTION: Haute Tension

Débranchez avant de réparer.

Special Forms

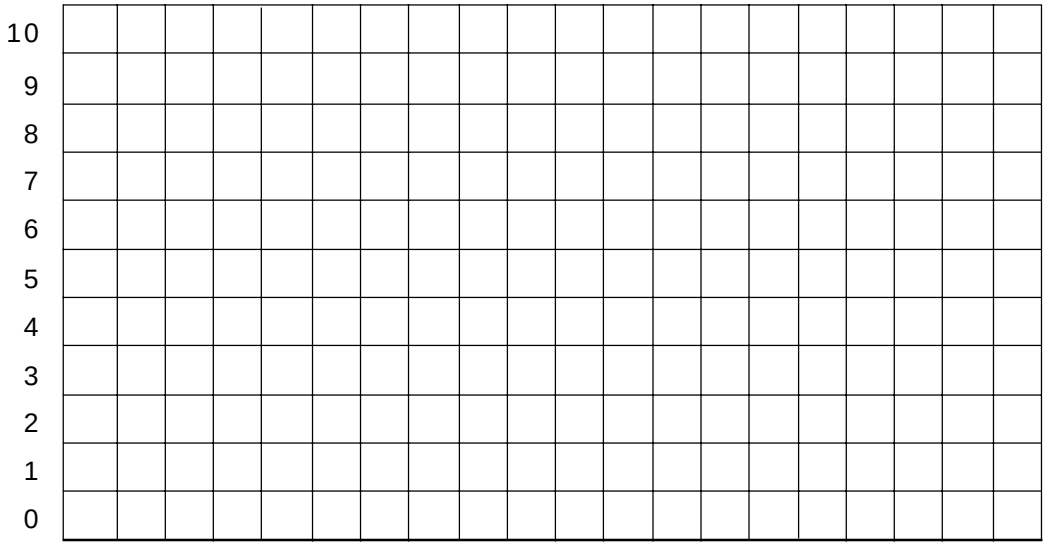
CUSTOM COURSE GRID FOR THE C764 CLIMBER

Use the blank grid below to help you design your own custom courses. To maintain the original blank grid, be sure to make a working copy.

After you program the course into the climber's memory, it might be helpful to write the program number above the grid to remind you what Custom Course program number is associated with the course profile.

Custom Course Number: _____ Date: _____

Diagram 14



WORKOUT STATISTICS LOG

Keep track of your workouts using the form below. After you finish exercising, record your workout statistics off of the electronic console display onto this form.

To maintain the original blank form, be sure to make a working copy.

Name _____

Course _____ Date _____

Time	Distance	Calories	Pacer Distance

Course _____ Date _____

Time	Distance	Calories	Pacer Distance

Course _____ Date _____

Time	Distance	Calories	Pacer Distance

Course _____ Date _____

Time	Distance	Calories	Pacer Distance

C764 CLIMBER

SPECIFICATIONS

Length:	49 inches (125 cm)
Width:	Handrails 32 inches (81 cm) at widest point
Height:	60 inches (152 cm)
Weight:	185 lbs (83 kg)
Step Height:	4.75 inches to 17.75 (13 inch range)
Speed:	20 - 150 feet per minute (30 - 225 steps per minute)
Voltage range:	120VAC unit - 100 to 127 volts AC
	240VAC unit - 208 to 260 volts AC

ELECTRONIC SPECIFICATIONS

C764 Programs:

Manual
10 programmed courses
Interval
Random
Custom 1
Custom 2
Ramp Level
Resistance Level
Time
Heart rate*

Display Readouts:

Smart Rate*
Heart Rate*
Time
Floors Climbed
Floors per Minute
Segment Time Left
Watts
Mets
Calories
Calories per Minute
Horizontal Distance
Steps per Minute
Feet per Minute
Meters per Minute

* requires that the Precor Heart Rate Option's optional receiver be installed in electronic console. To be activated, the chest strap/transmitter must be worn.

PRECOR® USA

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P/N 36097-104
Web Version 12/96

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks US and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

C764

Commercial Climber

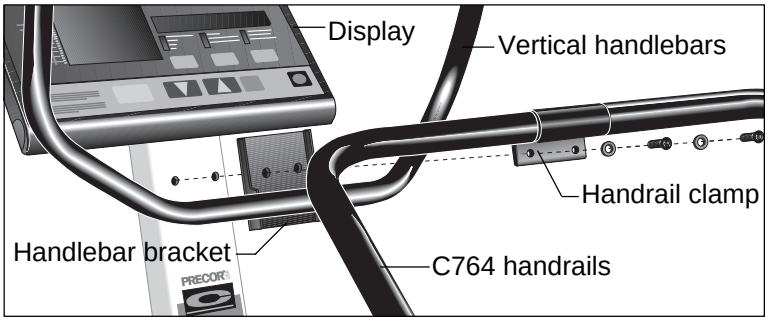
Owner's Manual Addendum

This addendum provides information about how to assemble the C764 vertical handlebars. Please review all the steps before assembling any parts. These instructions are written to ensure your safety and protect the equipment.

Note: If you do not assemble and use the equipment according to the following guidelines, you might void the Precor warranty.

Diagram 1

C764 Vertical Bars Exploded View.



Unpacking the Vertical Handlebars

The C764 vertical handlebars come equipped with everything you need to assemble it and is shipped in the following pieces:

- vertical handlebars with bracket
- Nylock® nuts
- assembly instructions

Carefully unpack the pieces and lay them on the floor near the location where you plan to use it. If any items are missing, contact the dealer from whom you purchased the C764 or call 1-888-665-4404 to be connected to the dealer nearest you.

Assembly Instructions

CAUTION: Turn OFF and unplug the C764 before installing the vertical handlebars.

The steps involved in the assembly of the vertical handlebars differ depending on whether,

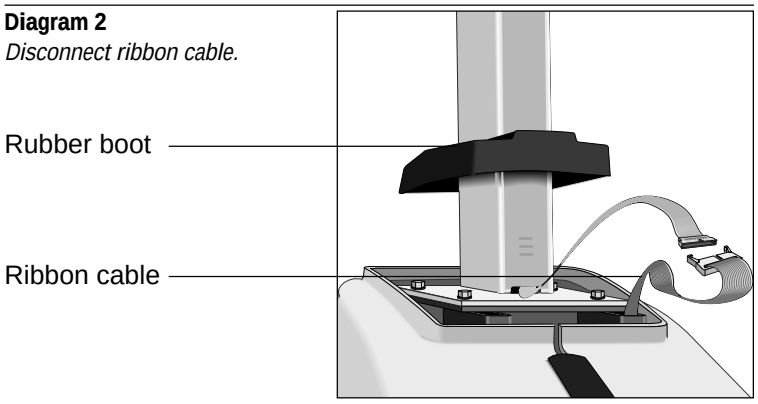
- you just purchased the C764, or
- you have a fully assembled C764 and wish to add the vertical handlebars.

In either case, follow the steps on the next page. For an unassembled C764, complete steps 1 through 4c found in the *C764 Owner's Manual* Assembly Instructions. Then, before threading the ribbon cable through the upper column support, install the vertical handlebars by following steps 3, 5, and 6 in this addendum.

To assist you in the assembly, refer to Diagram 1 while performing the steps below.

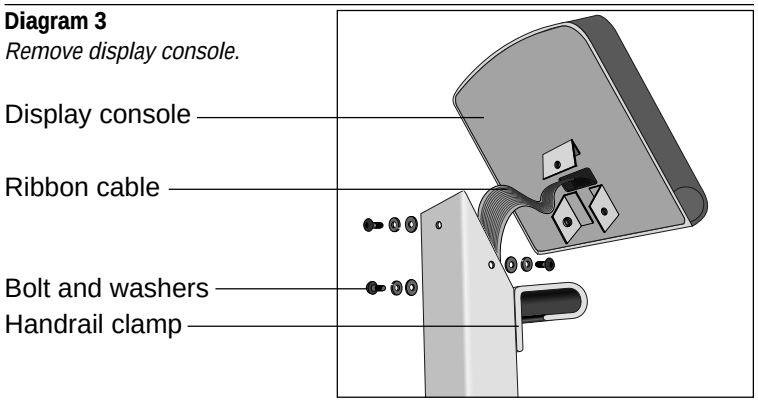
Tools needed: 5/32" and 3/16" Allen wrenches, crescent or open-end wrench

Diagram 2
Disconnect ribbon cable.



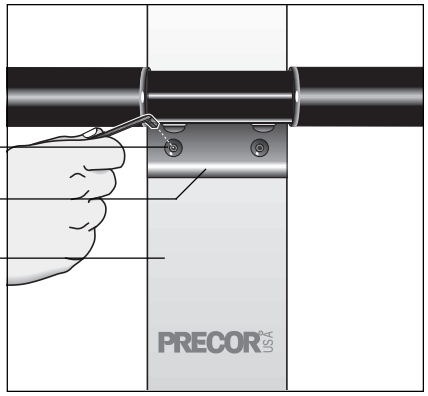
1. **Expose the ribbon cable connection**. (Diagram 2) Slide the rubber boot up the column to expose the ribbon cable connection. Disconnect the connector from the receptacle.

Diagram 3
Remove display console.



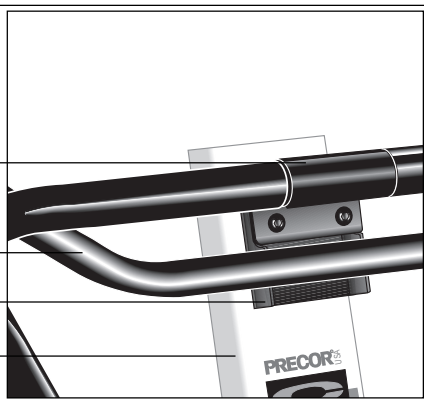
2. **Remove the display console**. (Diagram 3) Use a 5/32" Allen wrench to remove the 3 bolts that secure the console to the upper column. Keep the washers on the bolts and set them aside. Carefully, remove the ribbon cable from inside the upper column. Do not crimp or stretch the ribbon cable.

Diagram 4
Remove the handrail clamp and discard the nuts.



3. **Remove the handrail clamp**. (Diagram 4) Nylock® nuts hold the 2 handrail clamp bolts to the upper column. Carefully place your hand inside the upper column to catch the nuts as they become loose. Use an 3/16" Allen wrench to loosen and remove the 2 bolts from the handrail clamp. Set the bolts aside, but **discard** the nuts.

Diagram 5
Attach and secure vertical handlebars.



4. **Slide the vertical handlebars into position and align the bolt holes**. (Diagram 5) Open about a 2 inch gap between the upper column and the handrail clamp by pulling or pushing the handrails toward the foot pedals. Position the vertical handlebar bracket between the upper column and the handrail clamp. Align the mounting holes and replace the 2 bolts. If necessary, have an assistant hold one side of the vertical bars while you complete this step.

5. **Use the Nylock® nuts provided to secure the vertical bars and handrail clamp**. Be sure to use 2 of the *new* Nylock® nuts supplied. Finger tighten the nuts while you hold the bolts in position with the Allen wrench. Secure the nuts using a open-end wrench (or crescent wrench). Hold the nuts with the wrench and tighten the bolts with the 3/16" Allen wrench.

6. **Replace the display console**. (Refer to Diagram 3) Once the handrail clamp is secured, hold the display console above the upper column and thread the ribbon cable down through the column and out its base. Carefully lower the display onto the upper column. Be sure not to crimp or pinch the ribbon cable. Replace the 3 bolts and washers and tighten them using a 5/32" Allen wrench.

   Note: For those assembling the C764 unit, complete the assembly process by continuing with steps 4d through 7d in the *C764 Owner's Manual*.

7. **Reconnect the ribbon cable**. Plug the connector into the receptacle (refer to Diagram 2). Make sure that all pins are aligned and fully engaged. Gently push the excess ribbon cable and the connectors up into the column support.

8. **Replace the rubber boot**. Lower the rubber boot back into place (refer to Diagram 2) over the base frame and upper column support mounts. Make sure that the boot seats correctly over the plastic casing.

You have completed the installation of the C764 vertical handlebars. The vertical handlebars are for balance during a workout. Excessive pulling or strain on the handlebars may loosen the handrail clamp bolts. Occasionally check the handrail clamp bolts and tighten them when necessary.

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